

Pan Seared Scallops with Ginger-Pineapple Salsa and a Cucumber-Mint Quinoa Salad

Original Recipe By Bill Idell

Yield: 4 Servings

Ingredients:

Fresh Pineapple (finely diced)	1 cup
Red Pepper (finely diced)	1 tbsp
Jalapeno Pepper (finely diced)	1 tsp
Fresh Cilantro (washed and chopped)	2 tsp
Fresh Ginger (grated or finely chopped)	½ tsp
Kosher Salt	To Taste
Pepper	To Taste
Quinoa	2 cups
Cucumber (peeled and finely diced)	½ cup
Roma Tomatoes (washed and finely diced)	½ cup
Chives (finely chopped)	2 tbsp
Fresh Mint (finely chopped)	1 tbsp
Lemon Zest (finely chopped)	1 tsp
Fresh Lemon Juice	1 tbsp
Honey	2 tsp
Extra Virgin Olive Oil	3 tbsp
Fresh Sea Scallops (large)	12-16 each

Method of Preparation:

- 1.) In a small bowl mix the pineapple, red pepper, Jalapeno pepper, cilantro, and ginger, add salt to taste.
- 2.) Place the quinoa in a fine mesh strainer and rinse thoroughly with cold water.
- 3.) In a medium saucepan bring 4 cups of water to a boil. Add the quinoa, simmer until it is tender (about 10 minutes). Drain the quinoa in a fine mesh strainer and rinse with cool water. Allow the quinoa to drain for at least 5 minutes.
- 4.) In a medium bowl, combine the quinoa with the cucumber, tomato, chives, mint, lemon zest and juice, honey, and 2 tbsp of olive oil. Season with salt and pepper.
- 5.) Dry any excess moisture off of the scallops with a paper towel. Toss the scallops with the remaining olive oil, season with salt and pepper.
- 6.) Heat a large sauté pan until it is hot, add the scallops one at a time to the hot pan (do not overcrowd the pan). Allow the scallops to thoroughly cook and brown before turning (2-3 minutes). Turn the scallops and continue cooking until they are firm and the interior flesh is white but still moist (2-3 minutes).
- 7.) Serve the scallops over the quinoa salad and top with the pineapple salsa.